

THE COMPLETE GUIDE TO MOMMY MAKEOVER SURGERY

EVERYTHING YOU NEED TO KNOW ABOUT RESTORING YOUR
PRE-PREGNANCY BODY



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BOARD-CERTIFIED PLASTIC SURGEON

20+ Years Experience • 10,000+ Procedures
Manhattan • Staten Island • Edison, NJ

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Introduction

Reclaiming Your Body After Pregnancy

Pregnancy and childbirth are beautiful experiences that bring immeasurable joy, but they also create permanent changes to your body that diet and exercise alone cannot reverse. If you're struggling with loose abdominal skin, separated muscles, deflated breasts, or stubborn fat deposits after having children, you're not alone. Thousands of mothers have successfully restored their pre-pregnancy bodies through mommy makeover surgery. At Allure Plastic Surgery, Dr. Elliot Heller has spent over 20 years helping mothers regain their confidence through personalized surgical plans. With more than 10,000 procedures performed, Dr. Heller understands that every mother's body and goals are unique. This comprehensive guide will walk you through everything you need to know about the mommy makeover process.

What This Guide Covers

This guide provides detailed information about:

- The specific procedures that comprise a mommy makeover
- How to determine if you're ready for surgery
- What to expect during consultation and surgery
- Realistic recovery timelines and managing daily life
- Safety protocols and choosing an accredited facility
- Financial planning and investment considerations
- Answers to the most common questions mothers ask

Whether you're just beginning to explore your options or ready to schedule a consultation, this guide will help you make an informed decision about your body restoration journey.



Chapter 1

Understanding Mommy Makeover Procedures

A mommy makeover isn't a single procedure but rather a customized combination of surgeries designed to address the specific changes your body experienced during pregnancy and breastfeeding. Dr. Heller tailors each surgical plan to address your unique concerns and achieve your aesthetic goals.

Core Procedures

Tummy Tuck (Abdominoplasty)

The tummy tuck is often the foundation of a mommy makeover, addressing multiple concerns: **What It Corrects:** • Removes excess, hanging abdominal skin • Repairs separated abdominal muscles (diastasis recti) • Eliminates stretch marks below the navel • Creates a flatter, more toned abdominal profile • Can incorporate C-section scar revision **Types Available at Allure Plastic Surgery:** **Mini Tummy Tuck** - Best for patients with minimal excess skin limited to the lower abdomen. Requires a shorter incision and has faster recovery time. **Full Tummy Tuck** - Addresses loose skin from the pubic area to the ribcage, includes comprehensive muscle repair, and repositions the belly button. **Extended Tummy Tuck** - Includes the flanks and lower back area for patients needing more comprehensive contouring.

Breast Restoration Procedures

Pregnancy and breastfeeding significantly impact breast appearance. Dr. Heller offers several restoration options: **Breast Augmentation** Restores lost volume using FDA-approved silicone or saline implants. Dr. Heller will help you choose the appropriate size, shape, and profile to achieve natural-looking results that complement your body frame. **Breast Lift (Mastopexy)** Elevates sagging breasts to a more youthful position by removing excess skin and reshaping breast tissue. The nipple-areola complex is repositioned to a natural height. Can be combined with augmentation for patients who have both sagging and volume loss. **Breast Reduction** Reduces overly large breasts that cause physical discomfort, neck and back pain, or interfere with activities. This procedure often qualifies for insurance coverage when medically necessary.

Body Contouring with Liposuction

Liposuction removes stubborn fat deposits that persist despite diet and exercise. Dr. Heller uses advanced techniques including: • **VASER Liposuction:** Ultrasound-assisted technology for precise fat removal with minimal trauma • **SmartLipo:** Laser-assisted liposuction that also promotes skin tightening • **Power-Assisted Liposuction:** Efficient fat removal with faster recovery **Common Treatment Areas:** Flanks (love handles), upper and lower abdomen, back rolls, inner and outer thighs, arms, and chin/neck area. Many patients opt for 360-degree liposuction to contour the entire waistline.

Additional Enhancement Options

Many mothers choose to enhance their results with: • **Brazilian Butt Lift:** Uses your own fat to enhance buttock shape and projection • **Labiaplasty:** Reshapes enlarged or asymmetric labia for comfort and aesthetics • **Thigh Lift:** Removes excess skin from inner thighs • **Arm Lift:** Addresses loose upper arm skin ("bat wings") • **Non-Surgical Additions:** Botox, dermal fillers, or skin resurfacing treatments



Chapter 2

Are You a Good Candidate?

Determining your readiness for a mommy makeover involves evaluating physical, emotional, and lifestyle factors. Dr. Heller conducts thorough consultations to ensure each patient is properly prepared for surgery and has realistic expectations about results.

Ideal Candidates

You're likely ready for a mommy makeover if you:

- Have completed your family (no plans for future pregnancies)
- Finished breastfeeding at least 3-6 months ago
- Maintain a stable weight within 10-15 pounds of your goal
- Are in good overall health without uncontrolled medical conditions
- Don't smoke or are willing to quit 4-6 weeks before and after surgery
- Have realistic expectations about achievable results
- Can arrange adequate help during recovery
- Are emotionally ready for the transformation process

Physical Concerns That Benefit Most:

- Loose, hanging abdominal skin that won't tighten with exercise
- Separated abdominal muscles causing a "pooch"
- Deflated or sagging breasts after breastfeeding
- Disproportionate fat deposits resistant to diet and exercise
- Loss of waistline definition
- Stretched or excess skin in multiple areas

When to Wait

Consider postponing surgery if you:

- Plan to have more children in the next few years
- Are actively losing significant weight
- Currently breastfeeding or recently stopped
- Have uncontrolled diabetes, hypertension, or heart conditions
- Cannot quit smoking for the required period
- Are going through major life stress (divorce, job loss, moving)
- Cannot arrange childcare and help for at least two weeks
- Have unrealistic expectations about "perfect" results

Dr. Heller will discuss your individual situation during consultation to determine the optimal timing for your surgery. Sometimes waiting a few months to optimize your health or complete weight loss leads to significantly better results.

Setting Realistic Expectations

A mommy makeover can dramatically improve your body contours and restore confidence, but it's important to have realistic goals:

What Surgery CAN Achieve:

- Remove excess skin and fat
- Repair separated muscles
- Restore breast shape and volume
- Improve body proportions
- Enhance clothing fit
- Boost self-confidence

What Surgery CANNOT Do:

- Create a completely different body type
- Stop the natural aging process
- Replace healthy diet and exercise
- Guarantee a specific clothing size
- Fix relationship or emotional issues
- Remove all stretch marks (only those on excised skin)

Chapter 3

Choosing Your Plastic Surgeon

Selecting the right plastic surgeon is the most important decision in your mommy makeover journey.

Your choice directly impacts your safety, results, and overall experience. This chapter outlines the credentials and qualities to look for when making this critical decision.

Essential Credentials

Board Certification Ensure your surgeon is certified by the American Board of Plastic Surgery (ABPS). This certification requires: • Completion of accredited plastic surgery residency • Passing rigorous written and oral examinations • Ongoing continuing education • Adherence to ethical standards
Hospital Privileges Your surgeon should have privileges to perform your procedure at accredited hospitals. This indicates peer review and verification of credentials.
Professional Memberships Look for membership in: • American Society of Plastic Surgeons (ASPS) • American Society for Aesthetic Plastic Surgery (ASAPS) • Regional plastic surgery societies

Why Choose Dr. Elliot Heller

Dr. Heller brings exceptional qualifications to every mommy makeover: **Education & Training** • Medical degree from SUNY College of Medicine • Plastic surgery residency at NYU Langone Medical Center • Additional training at Mt. Sinai Medical Center • Specialized training in aesthetic and reconstructive surgery
Experience • Over 20 years in practice • More than 10,000 procedures performed • Extensive experience with all body types and ethnicities • Consistent 5-star patient ratings
Certifications • American Academy of Aesthetic and Restorative Surgery • Founding Member, New Jersey Cosmetic Surgery Society • Published expert in medical literature
Facility Accreditation All procedures are performed in AAAHC-accredited surgical facilities with board-certified anesthesiologists, ensuring the highest safety standards.

Consultation Questions to Ask

During your consultation, don't hesitate to ask: **About Experience:** • How many mommy makeovers do you perform annually? • Can I see before and after photos of similar patients? • What is your complication rate? • How do you handle revisions if needed? **About Safety:** • Where will my surgery be performed? • What type of anesthesia will be used? • What are your emergency protocols? • How do you minimize risks? **About Recovery:** • What post-operative support do you provide? • How many follow-up visits are included? • Are you available for emergencies? • What is your protocol for complications? **About Costs:** • What exactly is included in the quoted price? • What additional costs might I incur? • Do you offer financing options? • What is your revision policy?

Chapter 4

The Complete Surgical Process

Understanding each step of the surgical process helps you prepare mentally and physically for your transformation. At Allure Plastic Surgery, we guide you through every phase with clear communication and comprehensive support.

Your Initial Consultation

Your journey begins with a thorough consultation with Dr. Heller: **What to Expect:** • 45-60 minute comprehensive evaluation • Discussion of your concerns and goals • Physical examination and measurements • Review of your medical history • Personalized surgical recommendations • Before and after photo review • Detailed explanation of procedures • Cost estimate and financing options **What to Bring:** • List of current medications and supplements • Medical records if you have chronic conditions • Photos showing your desired results • List of questions and concerns • Insurance information (if applicable for any portion) There's never any pressure to commit. Dr. Heller encourages you to take time to consider your options and make the decision that's right for you.

Pre-Operative Preparation

4-6 Weeks Before Surgery: • Stop smoking and all nicotine products • Begin taking recommended vitamins • Arrange childcare and household help • Start or maintain exercise routine • Schedule time off work **2 Weeks Before:** • Complete pre-operative testing (blood work, EKG if needed) • Stop taking blood-thinning medications and supplements • Fill prescriptions • Purchase recovery supplies • Prepare and freeze meals • Deep clean your home **1 Week Before:** • Confirm all arrangements • Review post-operative instructions • Prepare recovery area at home • Do final grocery shopping **Night Before:** • Nothing to eat or drink after midnight • Shower with antibacterial soap • Get a good night's sleep • Remove nail polish and jewelry

Day of Surgery

Arrival (1-2 hours before surgery): • Check-in and complete final paperwork • Change into surgical gown • Meet with Dr. Heller for surgical markings • IV placement by nursing staff • Final questions answered **During Surgery:** • Board-certified anesthesiologist administers general anesthesia • Continuous monitoring throughout procedure • Surgery typically takes 3-6 hours depending on procedures • Family updated periodically on progress **Immediate Recovery:** • Wake up in recovery room with trained nurses • Pain management begins immediately • Compression garments applied • Drains placed if necessary • Once stable (1-2 hours), discharged home with caregiver

Chapter 5

Investment and Financing Options

A mommy makeover represents a significant investment in yourself. Understanding the complete financial picture helps you plan appropriately and avoid unexpected expenses. At Allure Plastic Surgery, we provide transparent pricing and multiple financing options to make your transformation accessible.

Understanding Your Investment

Procedure Combination	Typical Range
Liposuction (2-3 areas)	\$4,500 - \$8,000
Mini Tummy Tuck	\$8,000 - \$12,000
Full Tummy Tuck	\$10,000 - \$15,000
Breast Augmentation	\$7,000 - \$10,000
Breast Lift	\$9,000 - \$12,000
Breast Lift with Augmentation	\$12,000 - \$16,000
Tummy Tuck + Liposuction	\$12,000 - \$18,000
Full Mommy Makeover (3+ procedures)	\$18,000 - \$28,000

*Final pricing depends on your specific surgical plan, determined during consultation with Dr. Heller.

What's Included in Your Quote

Allure Plastic Surgery quotes include: • Dr. Heller's surgical fee • Board-certified anesthesiologist • Accredited surgical facility • Surgical supplies and equipment • Post-surgical garments (1-2 sets) • All follow-up appointments for one year • 24/7 access to Dr. Heller's team **Additional Expenses to Consider:** • Pre-operative medical clearance and lab work (\$200-\$400) • Prescription medications (\$100-\$200) • Additional compression garments (\$150-\$300) • Lymphatic massage therapy (optional but recommended) • Childcare during recovery • Time off from work • Scar treatment products

Financing Your Transformation

Payment Options at AllurePlasticSurgery: Medical Financing We work with leading medical finance companies: • CareCredit - offers 6-24 month interest-free plans • Alphaeon Credit - extended payment terms available • Prosper Healthcare Lending - competitive rates **Other Payment Methods:** • Cash, check, or wire transfer • Major credit cards • Flexible payment plans through our office • HSA/FSA funds (for eligible procedures) **Insurance Coverage** While cosmetic procedures aren't covered by insurance, certain components may be eligible: • Breast reduction for documented medical necessity • Hernia repair during tummy tuck • Treatment of recurrent infections from excess skin Our billing team can help determine if any portion of your procedure qualifies for insurance coverage.



Chapter 6

Recovery Timeline and Expectations

Recovery is a crucial part of your mommy makeover journey. Understanding what to expect at each stage helps you plan effectively and ensures optimal healing. Dr. Heller and his team provide detailed guidance throughout your recovery.

Immediate Post-Operative Period (Days 1-3)

The first few days require the most support:

- Maximum discomfort managed with prescription pain medication
- Rest in bed with upper body elevated 30-45 degrees
- Compression garments worn continuously
- Drains monitored and emptied every few hours (if placed)
- Short walks every 2-3 hours to prevent blood clots
- Caregiver assistance essential for all activities
- Light meals and plenty of fluids
- No showering until cleared by Dr. Heller

Early Recovery (Week 1-2)

Gradual improvement begins:

- First post-op appointment with Dr. Heller (day 5-7)
- Transition to over-the-counter pain medication
- Showering permitted (usually after 48-72 hours)
- Walking around home encouraged
- No lifting over 5-10 pounds
- Light activities like reading or watching TV
- Swelling and bruising peak then start to subside
- Most patients feel significant improvement by day 10

Returning to Activities (Weeks 3-6)

Progressive return to normal life:

Week 3-4:

- Most patients return to desk jobs
- Driving permitted if off narcotics
- Light household activities
- Walking for exercise encouraged
- Lifting limit increases to 15-20 pounds

Week 5-6:

- Increased stamina and energy
- Light cardio approved (stationary bike, walking)
- May begin gentle stretching
- Sexual activity typically cleared
- Compression garments may be reduced to daytime only

Final Recovery Phase (Weeks 7-12)

Return to full activities:

- Gradual return to regular exercise routine
- Swimming and more vigorous cardio permitted
- Light weight training can begin
- Core exercises introduced slowly (after week 8)
- Most swelling resolved
- Scars beginning to fade
- Final results taking shape
- Full clearance for all activities by week 12

Long-Term Healing and Results

Scar Maturation: • 3-6 months: Scars flatten and begin to lighten • 6-12 months: Continued fading to pink or white • 12-18 months: Final scar appearance **Final Results:** While you'll see dramatic improvement within weeks, final results develop over 6-12 months as: • Residual swelling completely resolves • Tissues settle into their new position • Skin retracts and adapts • Scars mature and fade **Maintaining Your Results:** • Maintain stable weight (fluctuations affect results) • Regular exercise and healthy diet • Wear supportive bras • Use sun protection on scars • Attend all follow-up appointments with Dr. Heller



Chapter 7

Managing Recovery with Children

One of the biggest challenges mothers face is managing recovery while caring for children. This chapter provides practical strategies for different age groups and situations to help you plan for a smooth recovery while maintaining your family routine.

Preparing Your Children

Age-Appropriate Explanations: Toddlers (2-4 years): "Mommy has a boo-boo on her tummy and needs to rest to get better. We need to be very gentle." **School Age (5-10 years):** "Mommy is having surgery to fix her tummy muscles that got stretched when you were in my belly. The doctor will help me heal." **Tweens/Teens (11+ years):** Can understand more details and often become helpful assistants during recovery. **Practice Before Surgery:** • Gentle hugs without jumping • Climbing onto furniture independently • Getting snacks from accessible places • Using step stools safely • Quiet activities they can do near you

Childcare Arrangements by Age

Infants (0-12 months): • Full-time help essential for first 2 weeks • Cannot lift baby from crib for 4-6 weeks • Feeding positions that don't strain abdomen • Changing table at appropriate height • Partner or helper brings baby for nursing **Toddlers (1-3 years):** • Most challenging age for recovery • Need help with car seats, high chairs, cribs • Childproof recovery space • Gate off stairs if necessary • Prepare easy snacks at their level **School-Age Children:** • Arrange carpools for school and activities • Prepare simple meals they can help make • Create "helper" responsibilities • Set up quiet activity stations • Screen time rules may need temporary adjustment

Lifting Restrictions Timeline

Week	Weight Limit	What This Means for Childcare
1-2	5-10 lbs	No lifting children; seated hugs only
3-4	10-15 lbs	May lift infants with support Small
5-6	15-25 lbs	toddlers to lap; no floor pickups Most
7-8	25-35 lbs	children okay with good form Full
9+	No limit	childcare activities resumed

Helpful Tips from Other Mothers

• Move everything you need to counter height before surgery • Create a "command center" where you'll spend most time • Prepare and freeze meals in advance • Set up changing stations on couch or bed • Use delivery services for groceries and essentials • Accept all offers of help from friends and family • Consider hiring temporary help if possible • Don't feel guilty about extra screen time during recovery • Remember: taking care of yourself IS taking care of your family



Chapter 8

Safety Protocols at Allure Plastic Surgery

Your safety is Dr. Heller's top priority. Allure Plastic Surgery maintains the highest standards of patient care through comprehensive safety protocols, accredited facilities, and experienced medical teams. Understanding these measures helps you feel confident about your surgical experience.

Pre-Operative Safety Screening

Before surgery, Dr. Heller ensures you're an optimal candidate through:

- Medical Evaluation:**
- Comprehensive health history review
- Physical examination
- Blood work to check blood counts, clotting, and organ function
- EKG for patients over 40 or with cardiac history
- Medical clearance from primary physician when indicated
- Risk Assessment:**
- BMI calculation and optimization
- Smoking cessation verification
- Medication review and adjustments
- Allergy screening
- Previous surgery history
- Family history of anesthesia complications

Surgical Safety Standards

AAAHC-Accredited Facilities All procedures are performed in facilities meeting strict accreditation standards:

- State-of-the-art operating rooms
- Advanced monitoring equipment
- Emergency medications and equipment
- Backup power systems
- Regular safety inspections
- Continuous quality improvement programs
- Anesthesia Safety**
- Board-certified anesthesiologists only
- Pre-operative evaluation
- Continuous monitoring during surgery
- Modern anesthesia techniques for faster recovery
- Post-anesthesia recovery protocols
- Infection Prevention**
- Sterile surgical technique
- Pre-operative skin preparation
- Prophylactic antibiotics when appropriate
- Temperature regulation
- HEPA-filtered air systems
- Single-use surgical supplies

Blood Clot Prevention Protocol

Deep vein thrombosis (DVT) prevention is critical for longer surgeries:

- During Surgery:**
- Sequential compression devices on legs
- Proper positioning
- Limited surgery duration when possible
- Adequate hydration
- After Surgery:**
- Early ambulation (walking within hours)
- Compression stockings
- Blood thinners when indicated
- Detailed warning signs education
- Close monitoring during recovery

Post-Operative Support

Dr. Heller's commitment to safety continues throughout recovery: **24/7 Availability** • Direct phone access for urgent concerns • Rapid response to patient needs • Clear escalation protocols **Scheduled Follow-Up** • First visit within one week • Regular appointments to monitor healing • Additional visits as needed • One year of follow-up included **Emergency Protocols** • Clear instructions on warning signs • Direct admission privileges at local hospitals • Established relationships with emergency departments • Immediate intervention when necessary

Understanding Risks

While complications are rare with experienced surgeons in accredited facilities, it's important to understand potential risks: **Minor Complications (5-10% of patients):** • Temporary numbness or sensitivity • Minor wound healing delays • Fluid accumulation (seroma) • Temporary asymmetry • Bruising and swelling beyond expected **Rare Serious Complications (<1% with proper protocols):** • Infection requiring treatment • Blood clots • Excessive bleeding • Poor scarring • Anesthesia reactions Dr. Heller's experience and meticulous technique minimize these risks. His low complication rate and high patient satisfaction reflect his commitment to safety and excellence.



Chapter 9

Frequently Asked Questions

Dr. Heller answers the most common questions mothers have about mommy makeover surgery.

How long after childbirth should I wait?

Dr. Heller recommends waiting at least 6-12 months after delivery to allow your body to recover and weight to stabilize. If you were breastfeeding, wait 3-6 months after completely stopping to ensure breast tissue has returned to its baseline state. Most importantly, you should be finished having children, as future pregnancies will likely reverse your results.

Can I combine all procedures in one surgery?

Most mommy makeovers safely combine 2-4 procedures in a single surgery. The advantages include one recovery period, single anesthesia exposure, and cost savings. Dr. Heller will assess your health, the extent of surgery needed, and safety considerations to determine if single or staged procedures are best for you.

Will insurance cover any procedures?

Insurance typically doesn't cover cosmetic procedures. However, certain components may be partially covered if medically necessary, such as breast reduction for documented back pain, hernia repair during tummy tuck, or removal of excess skin causing recurrent infections. Our office can help determine if any portion qualifies.

How do I know if I need a full or mini tummy tuck?

This depends on the extent of excess skin and muscle separation. A mini tummy tuck addresses only the area below the belly button with a shorter scar and faster recovery. A full tummy tuck is necessary for skin laxity above the navel, significant muscle separation, or when the belly button needs repositioning. Dr. Heller will recommend the appropriate option during consultation.

What happens if I get pregnant after surgery?

Pregnancy after a mommy makeover isn't dangerous, but it will likely stretch the abdomen and breasts again, potentially reversing your results. While the muscle repair may hold, you might need revision surgery. This is why we strongly recommend completing your family before surgery.

How long will my results last?

With stable weight maintenance, mommy makeover results can last 10-15 years or longer. The muscle repair is permanent unless separated by pregnancy. Breast implants typically last 10-20 years before potential replacement. Natural aging continues, but you'll always look better than if you hadn't had surgery.

When can I exercise again?

Recovery follows a gradual progression: light walking immediately, increased walking by week 2, stationary bike and light cardio at weeks 3-4, swimming at week 6, and full exercise including running and weights by weeks 8-12. Core exercises are introduced last to protect your muscle repair.

Will I have visible scars?

All surgery creates scars, but Dr. Heller uses meticulous techniques to minimize their appearance. Tummy tuck scars are placed low, hidden by underwear or swimwear. Breast scars depend on the procedure but are strategically placed in natural creases. Scars fade significantly over 12-18 months and can be further improved with scar treatments.

Can I breastfeed after breast surgery?

Breast augmentation alone usually preserves breastfeeding ability. Breast lifts may affect milk production depending on the technique used. Breast reduction more significantly impacts breastfeeding ability. Discuss your future plans with Dr. Heller so he can use techniques that best preserve function.

What's the ideal age for a mommy makeover?

There's no perfect age – it depends more on completing childbearing and being in good health. Most patients are between 30-45, but women in their 20s and 50s also achieve excellent results. Your health, skin quality, and personal goals matter more than chronological age.

Conclusion

Your Next Steps

You've taken an important step by educating yourself about the mommy makeover process. This comprehensive guide has provided the information you need to make an informed decision about restoring your pre-pregnancy body. **Remember These Key Points:** • Choose a board-certified plastic surgeon with extensive experience • Ensure surgery is performed in an accredited facility • Complete childbearing before surgery for lasting results • Plan thoroughly for recovery, especially childcare • Set realistic expectations about results and recovery • Invest in yourself – you deserve to feel confident in your body **Ready to Take the Next Step?** Dr. Elliot Heller and the Allure Plastic Surgery team are here to guide you through your transformation journey. With over 20 years of experience and thousands of successful procedures, Dr. Heller combines artistic vision with surgical precision to deliver natural-looking results that enhance your confidence. **Schedule Your Free Consultation** During your consultation, Dr. Heller will: • Listen to your concerns and goals • Perform a thorough examination • Recommend a customized surgical plan • Show before and after photos of similar patients • Answer all your questions • Provide a detailed quote • Discuss financing options There's never any pressure or obligation. We encourage you to take time to make the decision that's right for you. **Contact Allure Plastic Surgery Today: Manhattan Office** 150 E 61st Street New York, NY 10065 **Staten Island Office** 1424 Richmond Avenue Staten Island, NY 10314 **Edison Office** 1150 Amboy Avenue Edison, NJ 08837 **Call: (212) 661-2563 Visit: www.newyorkplasticsurgeryallure.com** Office Hours: Monday-Friday 9 AM - 5 PM Saturday by appointment Your journey to reclaiming your body begins with a single phone call. We look forward to helping you achieve the results you desire and deserve.



Disclaimer: This guide is for educational purposes only and does not constitute medical advice. Individual results may vary. Always consult with a board-certified plastic surgeon for personalized recommendations. © 2024 Allure Plastic Surgery. All rights reserved.



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